



Catholic Social Services  
Diocese of Fall River

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# Volunteer Times\*\*

## GETTING TO KNOW YOU

Volunteers are an integral part of who we are as an agency and service provider. The many skills and talents, YOU, as a volunteer bring to the table are invaluable. Let me put it plainly—we couldn't do it without you!

So, first, let me start by saying thank you! Thank you for all the times you have said, "Yes!" and continue to say yes. Second, I truly want to get to know YOU, who you are and why you decided to help Catholic Social Services and the people we serve. I am looking for your stories, how it has enriched you and your life, and what it means to give back to the community.

As the newly appointed Volunteer Coordinator, there is so much for me to learn and understand, and what better way to do that, than to get to know YOU and gain a deeper understanding of your role as a volunteer. My role is to help you, to enrich your volunteer experience, and to help our agency and services find much needed volunteers for their programs.

If you would like to share your story, know of others who would love to volunteer, or have any questions, you can email me at [rsaraiva@cssdioc.org](mailto:rsaraiva@cssdioc.org) or you can call me at 508-674-4681 Ext. 1111.

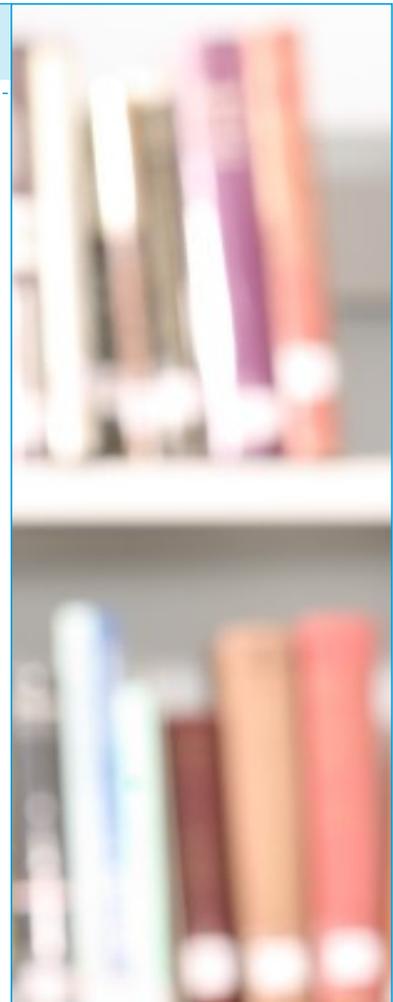
## HEALTH BENEFITS OF VOLUNTEERING

Did you know that volunteering not only satisfies the need to give back to the community, but also boosts your health. According to the Mayo Clinic, there are 6 health benefits from volunteering.

### Volunteering

1. Decreases the risk of depression.
2. Gives us a sense of purpose and teaches us valuable skills.
3. Helps us stay physically and mentally active.
4. May reduce stress levels.
5. May help us live longer.
6. Helps us meet others and develop new relationships.

To learn more about the benefits of volunteering, visit [HelpGuide.org](http://HelpGuide.org)—[Volunteering and It's Surprising Benefits.](#)



### INSIDE THIS ISSUE

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### SPECIAL POINTS OF INTEREST

- Donations—clothing, food, grooming items—are always welcome and needed.
- Ideas—what would you like to see highlighted in the newsletter...let me know.
- \*\*Contest: Help us name the Newsletter—Prize to be determined





## VOLUNTEER OPPORTUNITIES

There is always a need for volunteers from all walks of life. And in these confusing and uncertain times, the need has never been greater.

From our shelters to Food Pantry and every other site and program in between, we could use the help.

You may be thinking—“I already give and help out—why ask me?” It is because you already do so, that we ask you again for your help. Do you know someone who is looking for ways to help others, to stay active, or searching for a purpose—volunteering may be the answer.

***We need bilingual speakers who can help translate and interpret for clients - especially Portuguese, Spanish, & Haitian Creole.***

***We need help at our Food Pantry.***

***We are looking for individuals to help sort and organize donations at various sites.***

***We need individuals to serve our shelter guests.***

***We need food preparers and cooks.***

These are just a handful of the current needs, and as the holidays loom near, there will be a much greater need.

What’s in it for YOU! The chance to let someone else make a difference!

For more information, contact

Rose Mary Saraiva, Volunteer Coordinator at 508-674-4681 Ext. 1111 or via email at [rsaraiva@cssdioc.org](mailto:rsaraiva@cssdioc.org)

*“Volunteers are not paid – not because they are worthless, but because they are priceless.”*

### IF SOMEONE SHOULD ASK...

Catholic Social Services offers a host of services to those needing shelter, food and basic needs. But did you know, we can also help people stay in their current homes, find permanent housing, and also help landlords meet their financial obligations to prevent evictions. Our goal is to give individuals and families the tools they need to help them prosper.

We can also help with immigration services through our legal department—which is ready to assist those seeking residency in the United States.

If you know someone who is looking for assistance, send them our way—we may be able to help.



## FUN FACTS ABOUT VOLUNTEERING

We talked about the health benefits on the first page, but did you know...

1. 96% of volunteers believe that volunteering makes people happier.
2. Volunteers donate more than just their time.
3. Volunteering can lead to job opportunities.
4. Volunteering can fill you with gratitude and appreciation.
5. Volunteering can help you develop your creativity—coming up with new and exciting ways to make a difference.
6. Volunteers can add their service to their resumes—making them stand out.
7. Young volunteers are more likely to continue volunteering well into adulthood.
8. The most popular types of volunteering are fundraising and activities that raise money for a cause.
9. 1.6 million people take part in volunteering projects that have them traveling to new locations.
10. Most international volunteers come from the United States.
11. India is the most popular destination for volunteers.
12. Many people define volunteering as the selfless act of helping others and improving their situation—it is centered around the idea that together—we can make a huge difference.
13. Volunteering has an extensive history—going back to the American Civil War when women volunteered to sew supplies for the soldiers fighting in the war.
14. For a random fact! A study found that unmarried Canadians are the most likely people to volunteer.

Stay tuned for more fun and interesting facts in our next issue.